Professional Construction Estimators Association of America, Inc. (PCEA) was chartered in 1956 with 35 members from various construction disciplines in Charlotte, North Carolina. Some of the Charter members remain active today. During our early years, members rallied together to exchange ideas, promote educational endeavors and high ethical standards, while simultaneously developing new friendships. Under the leadership of Charlotte’s early presidents, the members set forth many goals to promote and support the industry while expanding the voluntary association. As a result of these efforts, a second chapter was formed during 1958 in Greensboro, North Carolina (now called the Triad Chapter). The Raleigh-Durham Chapter (now called the Triangle Chapter) followed behind in 1963. Subsequent chapters were formed in Virginia, North Carolina, South Carolina and Georgia and Florida. Vern W. "Bill" Helms of the Charlotte Chapter was elected as our first National President in May 1975 during the first annual convention at Myrtle Beach, South Carolina. Since then, PCEA has grown to almost 1,000 members with twelve chapters in five states. Current goals include active expansion to other market areas.

PCEA members have always been active in the promotion of construction education for the betterment of the industry. Each chapter individually coordinates, develops and establishes programs to assist and enhance the educational endeavors in their community while pursuing the educational goals of membership. PCEA Chapters support educational programs ranging from, but not limited to, scholarships to local students, endowed scholarships at several Universities, providing construction instructors, purchasing equipment for use in technical training and introducing construction as a trade to "at risk" students.
Members Corner

Please keep the following members in your thoughts and prayers;

Marc Marotta and Family - Father Passed Away
Jason Graham and Family - Uncle
Kevin Sherron and Family - Father
Tom VonCannon and Family - Father and Uncle

PCEA recognizes that one of the greatest problems facing our industry is a shortage of interested and well qualified employees at all levels. To that end, our mission is to extend Scholarships to persons interested in pursuing a career in the construction Industry.

The following Scholarships are funded by the PCEA Triangle Chapter fundraisers and events. (Please see a Faculty Representative at these schools to receive an application).

PCEA Triangle Chapter 3 Scholarships:

North Carolina State University
University of North Carolina at Charlotte
East Carolina University
Wake Technical Community College
Vance Granville Community College

PCEA Member Dependent Scholarship

The PCEA Member Dependent Scholarship is available to immediate family members of PCEA members in good standing. The recipient of this Scholarship does not have to be pursing a degree in the Construction Industry.

Officers and Board Members for 2016-2017

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<thead>
<tr>
<th>Contact</th>
<th>Position</th>
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Force Majeure

By Jonathan Massell and David A. Senter

Special to North Carolina Construction News

Before entering into a construction contract, consider how force majeure events are evolving in today’s world.

Have you looked at the risk of climate change causing more frequent unusual or severe weather? What about the risk of an act of terrorism?

Force Majeure

Since at least the 19th century, the common law has added wiggle room when it comes to contracts. For example, nonperforming parties may be excused if timely performance was rendered difficult or impossible due to an act of God or the acts of third parties. Force majeure is a French term that means “superior force,” and is defined in the law as “[a]n event or effect that can be neither anticipated nor controlled,” especially an unexpected event that prevents a party from doing something that it had agreed to do.

Some force majeure events can be considered “acts of God” (floods, tornados and volcanic eruptions), while others are acts of people (terrorist attacks, labor strikes and new governmental regulations). Force majeure encompasses both a judicial doctrine excusing nonperformance and the contractual allocation of the risk of nonperformance.

The end result is the same: a force majeure event excuses a party from performing a contract in the face of an unusual event beyond its control. The doctrine has been adopted in many different legal systems, and its international variations have been consolidated by the International Institute for Unification of Private Law (UNIDROIT).
Climate change and “Unusually severe or abnormal weather”

A typical construction contract will define a force majeure event as including “unusually severe or abnormal weather,” but due to shifting weather patterns resulting from climate change is the unusual now the usual or the abnormal now the norm? While most courts still agree that extreme weather events are unforeseeable in the legal sense and constitute force majeure events, the judicial determination of “unusually severe or abnormal weather” may shift just like weather clause patterns are shifting.

Is a terrorist attack a force majeure event?

In construction contracts, force majeure clauses include events such as “riots” and “acts of war” but courts have found that acts of terrorism did not fit those descriptions. After the September 11th attacks, clauses utilizing “acts of terrorism” became more common, but courts have not directly interpreted the phrase and it has not been scrutinized judicially. The United States Congress has tried to find a functional definition under the Terrorism Risk Insurance Act (TRIA). Even when an event seems to fit the guidelines of TRIA, it still must be certified as a Terrorist Act by the Secretary of the Treasury.

Bottom line

Our world is always changing. Construction contracts must do the same. Do your contracts have a force majeure? How is force majeure defined? Does the clause include express mitigation obligations? All of these issues are relevant in allocating risk via a force majeure clause.
Getting Ready For Cold Weather

It’s time to clear the remnants of warmer times from the kitchen – all those half-empty bottles of salad dressing in the fridge, un-eaten ice lollies in the freezer – and begin stocking up with more comforting staples. Hearty stews and one-pots are the order of the day, so buy pulses for the cupboard and make sure you’ve got plenty of cheap cuts of meat in the freezer – slow cooking means you don’t need to spend your money on expensive meat, and it’ll save you a trip to the supermarket on an icy winter day. Rearrange your herbs and spices so the more winter-friendly flavorings, like cumin or cinnamon, are closer at hand.

If you have a slow cooker, now’s the time to dust it down and perhaps bring it back onto the kitchen worktop if there's room. Casserole dishes should be easily accessible at the front of your cupboard: salad spinners and their ilk can be moved further back. Finally, have a dig through your recipe file and make a note of any winter warmers you particularly want to cook. To start you off, try a few of our tried-and-tested Telegraph recipes to see you through to spring.

Winter-proof your home

The cold, wind and rain can do serious damage to houses, as well as costing you a small fortune in heating bills. With a few preventative measures however, you can ensure your home is fighting fit for winter.

First, take a look at the outside of your property. Make sure there are no loose or missing roof tiles or cracks in the walls, that your drains are clear and working, that your TV aerial is firmly fixed, and that your guttering isn’t leaking or broken. You might also want to trim any nearby trees or branches that could cause damage if they fell.

Next, make sure the inside is as warm as it can be. Bleed the radiators if you need to, fit draught excluders, and make sure your loft and wall cavities are well-insulated. Lag your pipes and water tanks – this can also prevent pipes from bursting.

It’s a good idea to have your boiler served by an engineer – a broken boiler in winter can be expensive to fix – and check your insurance policy, to make sure you are protected for the full range of winter emergencies.
Annual Pecan Sale - By the Bag or Buy the Box!

Regardless of how you pronounce them, we can agree that they taste Great!

PCEA is again this year by popular demand, utilizing our Grade A Fancy Pecans as our Fall / Winter Fund Raiser. Our pricing has remained the same for the past three years. And again this year we are giving you a fresh Bag of Pecans for every $10.00 donation to The PCEA - Education and Operations Fund. Your $10.00 donations makes our education activities and Scholarships possible. This is a great deal, that taste great.

Some additional reasons to Buy several Bags for you and your Favorite Pie Maker

Pecans nutrition facts

Delicious, buttery yet rich-flavored pecans are one of the popular edible tree-nuts known to American aborigines since centuries ago. They are enriched with many health-benefiting nutrients, minerals, vitamins that are essential for optimum health.

Pecan is a very large sized deciduous tree belonging to the member of hickory family, Juglandaceae. The tree is native to central and southern parts of the United States of America. Today, however, it is being cultivated in many regions of the world as an important commercial tree-nuts crop. Scientific name: Carya illinoinensis.
Research conducted over the past decade has confirmed that pecans can be a healthy addition to your diet. Below are summaries of landmark research studies confirming the health benefits associated with eating a diet rich in pecans.

**Pecans May Protect the Mind**

Eating about a handful of pecans each day may play a role in protecting the nervous system, according to a new animal study published in *Current Topics in Nutraceutical Research*. The study, conducted at the Center for Cellular Neurobiology at the University of Massachusetts Lowell, suggests adding pecans to your diet may delay the progression of age-related motor neuron degeneration. This may include diseases like amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig’s Disease.

Researchers suggest vitamin E – a natural antioxidant found in pecans – may provide a key element to neurological protection shown in the study. Antioxidants are nutrients found in foods that help protect against cell damage, and studies have shown, can help fight diseases like Alzheimer’s, Parkinson’s, cancer and heart disease. Lead researcher Dr. Thomas Shea, Ph.D. and his research team carried out a number of laboratory studies on three groups of mice specifically bred to demonstrate severe decline in motor neuron function that are commonly used in studies of ALS. Each of the three groups was fed a control diet or one of two diets containing differing amounts of pecans ground into their food. Standard testing methods were used to determine how well the mice scored relative to motor neuron functions, both before and after they were provided with one of the three diets.

Mice provided a diet supplemented with pecans displayed a significant delay in decline in motor function compared to mice receiving no pecans. Mice eating the diet with the most pecans (0.05%) fared best. Both pecan groups fared significantly better than those whose diets contained no pecans. The result was based on how the mice performed in highly specific tests, each of which compared mice on the control diet with mice consuming pecan-enriched diets.

**Natural Antioxidants in Pecans**

*Naturally-occurring antioxidants in pecans may help contribute to heart health and disease prevention*, according to a study at Loma Linda University. The results were published in the January 2011 issue of *The Journal of Nutrition*.

Pecans contain different forms of the antioxidant vitamin E—known as tocopherols, plus numerous phenolic substances, many of them with antioxidant abilities. The nuts are especially rich in one form of vitamin E called gamma-tocopherols. The findings illustrate that after eating pecans, gamma-tocopherol levels in the body doubled and unhealthy oxidation of LDL (bad) cholesterol in the blood decreased by as much as 33 percent. Oxidized LDLs may further contribute to inflammation in the arteries and place people at greater risk of cardiovascular problems.

These findings are from a research project designed to further evaluate the health benefits of pecans, according to Dr. Haddad. She analyzed biomarkers in blood and urine samples from study participants (a total of 16 men and women between the ages 23 and 44) who ate a sequence of three diets composed of whole pecans, pecans blended with water, or a control meal of equivalent nutrient composition. The pecan meals contained about three ounces of the nut. Samples were taken prior to meals and at intervals up to 24 hours after eating.

Following the test meals composed of whole pecans and blended pecans, researchers found that amounts of gamma-tocopherol (vitamin E) in the body doubled eight hours after both meals, and oxygen radical absorbance capabilities (ORAC—a scientific method for measuring antioxidant power in the blood) increased 12 and 10 percent respectively two hours after the meals. In addition, following the whole-pecan meal, oxidized LDL cholesterol decreased by 30 percent (after 2 hours), 33 percent (after 3 hours), and 26 percent (after 8 hours).

Research from Loma Linda University published in the August 2006 issue of *Nutrition Research* showed that *adding just a handful of pecans to your diet each day may help inhibit unwanted oxidation of blood lipids, thus helping prevent coronary heart disease*. The researchers suggest that this positive effect was in part due to the pecans’ significant content of vitamin E. Oxidation of lipids in the body — a process akin to rusting — is detrimental to health.

In the laboratory analysis of blood samples from the research subjects, Dr. Haddad’s team found that the diets enriched with pecans significantly reduced lipid oxidation (by 7.4 percent) versus the Step I diet. Oxidation levels were evaluated using the TBARS test, which measures oxidation products. The researchers also found that blood levels of tocopherols were higher after participants were on the pecan diet. Cholesterol-adjusted plasma gamma-tocopherol in the study participants’ blood samples increased by 10.1 percent (P < .001) after eating the healthy pecan diet. The researchers concluded that these data provide some evidence for potential protective effects of pecan consumption in healthy individuals.

In addition, landmark research published in the *Journal of Agriculture and Food Chemistry* (June 2004) found that pecans *rank highest among all nuts and are among the top category of foods to contain the highest antioxidant capacity*, meaning pecans may decrease the risk of cancer, coronary heart disease, and neurological diseases such as Alzheimer’s.

**Cholesterol-Lowering Pecans**

Pecans also play a role in lowering cholesterol. Clinical research published in the *Journal of Nutrition* (September 2001) compared the Step I
Pecan Pie in 5 Easy Steps
The National Pecan Shellers Association Shares Holiday Recipes

Atlanta, Ga. – Nov. 15, 2016 – The holidays aren’t quite complete without having a traditional pecan pie on your dessert table. This rich delicacy is most often served between Thanksgiving and New Year’s and is a long-held Southern favorite. From modest kitchens to four-star restaurants, generations of great cooks have presented pecan pie as a memorable close to a meal among friends and family.

Nothing compares with the sensation of breaking into that crispy nut topping to unearth a gooey, luscious filling cradled in a light crust. And it’s so simple to make. This classic recipe uses only seven ingredients and you can make it in five easy steps.

**Ingredients**

- 1 refrigerated piecrust shell
- 1 cup light corn syrup
- ¾ cup granulated sugar
- 1/3 cup butter
- 4 eggs, beaten
- 1 tsp vanilla extract
- 1 ½ cups pecan halves

**Directions**

1. Preheat oven to 325° F.
2. Line 9-inch pie plate with pastry shell; crimp edges.
3. For filling, in medium saucepan combine corn syrup, sugar and butter. Cook over low heat stirring until sugar dissolves and butter melts. Remove from heat, cool slightly.
4. Add eggs and vanilla; stir well to combine. Stir in pecan halves.
5. Pour filling into pastry shell. Bake 55 – 60 minutes or until knife inserted near center comes out clean. Remove from oven; cool completely before serving.

*Recipe courtesy of Fisher Nuts*

The pecan is one of the few tree nuts indigenous to North America and the United States produces about 80 percent of the world’s pecan crop. Pecans are not only tasty, they are loaded with antioxidants and 19 vitamins and minerals. Pecans are certified by the American Heart Association’s “Heart Check” program. Scientific research and respected authorities agree that eating just a handful of pecans each day may help lower the risk of heart disease.

The National Pecan Shellers Association offers healthy, delicious, chef-inspired recipes for the holidays – from pecan pie to snacks, appetizers, soups and salads. Shelled pecans also make a wonderful gift. Pack fresh pecans in decorative tins or jars. Or give toasted pecans, tossed in butter or a blend of herbs and spices.

Stock up early. Buy your pecans from local shellers and growers for the best prices and you’ll also be supporting your area’s economy. To learn more about this amazing, versatile food, visit [www.ilovepecans.org](http://www.ilovepecans.org).
November Membership Meeting
Meeting 11-17-2016

Address:
6019-A Glenwood Ave
Oak Park Shopping Center
Raleigh, NC 27612-2601

Our November Speaker was
Laura Jackson, Ph.D
Representing - EPA

EPA Biologist

Ms. Laura Jackson, Ph.D.

Studying the Link between Ecology and Public Health

EPA Research Biologist Laura Jackson, Ph.D., investigates how to use research to address emerging environmental problems. Currently, she is focusing on the link between natural ecosystems and public health. She has worked for the EPA for 22 years, leading research initiatives in a diversity of disciplines, including environmental monitoring, land use planning, and the impacts that urbanization has on an area's ecology.

How does your science matter?

My research looks at the role of ecology in public health, and it’s very focused on application. The applications we develop are meant to be accessible, readily available on the internet, and geared toward members of the public for use in their communities. I work to frame ecology in terms of public health and well-being. It is vital that we understand that the condition of the natural world and our survival are tightly connected.

For example, we know it’s important for seniors to be active in order to combat muscular atrophy and depression, which affect longevity and quality of life. Previous studies suggest that longevity in seniors is associated with residential areas where there are tree-covered walkways and parks. If we can begin to identify neighborhoods where seniors may have lower life expectancy because there are no conducive walking areas, that would be extremely helpful for guiding public-health intervention.
A Year in Review of the Speakers for the Triangle PCEA for Year ending 12/2016

January  Drones in Construction A presentation to discuss current and future utilization for Drones in Construction.

February  Mr Andreas K Winston Representing Wake Tech, as an instructor and Life Coach to his students. Andreas spoke about the efforts Wake Tech makes to find training solutions to local Contractors needs. By preparing them for real life needs, Wake Tech is providing our Future Construction Project Managers with the tools they will need in developing a career in Construction. You could by listening to his presentation that this was not just a job for him. He truly cares for his students, preparing them for future endeavors.

March Social  A Get together with Friends, Guest and Colleagues

April  Ms. Patricia A. Godin Dean Applied Engineering & Technologies Division Curriculum Education Services Wake Technical Community College Ms. Godwin, presented and discussed the need to support the needs of students who want to enter the construction industry or those who are in the industry to hone their skills. Supporting the needs of the local construction Industry helps insure their students have the needed skills to enter and excel in Construction Management. Her Presentation addressed the need to prepare our future leaders in Construction with the tools they need to succeed.

May  Mr Jon Jackson  Duke Athletics Department  We are indebted to our Mr Reubin Gillis for arranging Jon to speak to our May Membership meeting. Jon, a dynamic and inspiring speaker conveyed the high standards and mentorship he expects from his support team of forty men and women. Jon had high praise for Coach Mike Krzyzewski. He was able to give us a rare insight into the successful Duke Athletics Program. Speaking about Leadership and high standards expected of the Athletics Department and their young Athletes.

June  Ms. Dana Richardson  Servpro  As promised, Our Mrs. Dana Richardson was our “Guest Speaker” for our June 2016 Meeting. She put on an excellent presentation addressing the issues of Mold and Mold remediation. Mrs. Richardson has been with Servpro since 2007 and is currently their territory Commercial Business development Person. Dana did not disappoint. Her enthusiasm and expertise made this an educational opportunity for all that were present. We have some very exceptional people in our Group.

July  Tom VonCannon  VSC—Fire & Security The July Presentation was by default given by me, We had several real programs in the works, of the three I was working with each had schedule issues that did not allow them to come to the July Meeting. My hope is that I was able to show some of the awe inspiring things I’ve seen during the most recent of our three trips to Mexico. It was either this topic or pole dancing by the vote of the PCEA Board they felt that my pole dancing routine was probably not the better choice.

August  Ms. Denice Jackson Representing U/L Laboratory  Our August Speaker did not disappoint. If you were lucky to be present, there were a good many questions from the membership. She currently serves as a Senior Project Engineer at Underwriters Laboratories (UL) in Research Triangle Park, NC. UL is a global independent safety science company with more than a century of expertise innovating safety solutions from the public adoption of electricity to new breakthroughs in sustainability, renewable energy, and nanotechnology. Denice works within the Personal Protective Equipment (PPE) group where she is responsible for handling projects related to the certification of Personal Protective Equipment (PPE) and Personal Flotation Devices (PFD) including garments/components, PFD
our group of professionals. As always, Wally Mills and Rick Emery were the Grill Master’s. Their dedication and efforts are the heart of our Triangle Chapter.

**PCEA-Triangle Presents**  
5th Annual “Meat, Skeet, Greet” Fundraiser 
& Sporting Clay Spectacular  
Hosted by the Professional Construction Estimators Association – Triangle Chapter

**OCT. 14th – DRAKE LANDING**

**October**  
Mr Frank Princiotta  
Frank Princiotta retired from EPA in 2015 after a 43-year career with the agency as Director of the Air Pollution Prevention and Control Division (APPCD) of the National Risk Management Research Laboratory. He has a degree in Chemical Engineering and a Nuclear Engineering Certificate from the Oak Ridge School of Reactor Technology. He has received a gold medal, five bronze medals and the President’s Meritorious Executive Award on two separate occasions. He played the leadership role in the development and demonstration of sulfur dioxide pollution control technology for coal-fired boilers, which has been the mainstay of SO2 control worldwide. An author of many scientific papers on air pollution control, he has been a frequent speaker before technical societies and conferences and has chaired numerous symposia and has testified before House and Senate Committees on air pollution control. In recent years he has been a key expert in the control of mercury from coal-fired power plants. Most recently he has focused on global climate change which he considers the most important environmental issue of the century. He has analyzed the role that technology will need to play, if we are to avoid the potentially catastrophic impacts associated with an unconstrained use of energy. This was an eye opening presentation of information that is available to our government officials that we do not hear about.

**November**  
Ms. Laura Jackson, Ph.D.  
EPA Biologist  
Studying the Link between Ecology and Public Health  
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If you were lucky enough to have been present during these presentations they were inspiring and thought provoking. Each of these persons were willing to share their experiences and insight into issues we can all relate. Our effort is to bring each month learned professionals that will expose our group to issues related to construction and many that are just pretty darn interesting. With the exception of my presentation these professionals are world class individuals that influence and educate beyond our local area. Their presentations are appreciated and should be heard by all of our members because of the expertise they have and the experiences they are willing to share. These presentations are just one of the many benefits of
PCEA Christmas Social  
BUKU Global Street Food Restaurant  
Date: 08 Dec 2016  
6:30 PM

This month will be our Christmas Celebration Social.

The Social will be held at BUKU Global Street Food Restaurant in downtown Raleigh (address below). We will have heavy Hors D’oeuvres and drinks.

The social will start at regular start time of 6:30 PM.

**Please note that BUKU has free Valet Service at the curb.**

Buku ([bukuraleigh.com](http://bukuraleigh.com))  
110 E. Davie St  
Raleigh, NC 27601

Follow this link to the PCEA Triangle Chapter website, where you can register for this event and add it to your calendar:  
[Triangle Chapter - Events](#)

Please continue to help promote and grow the PCEA Triangle Chapter by forwarding this invitation to our Chapter Meeting. Attached is a copy of the Membership Application in PDF format to give to your interested contacts.  
PCEA Triangle Chapter Membership App.pdf

Thank You,  
PCEA Triangle Chapter
In keeping with the spirit of this Holy time, let us be mindful of the less fortunate. This is a time of reflection, a time for you and your family to celebrate the unity of the Family. Regardless of your degree of worship, this is a very special season leading up to the day we celebrate the Birth of our Christ.

This is a time of renewed and rebirth of our commitments to our Lord. A time to rejoice and celebrate our good fortune to be Living in the Great United States of America.

Never wait to say a kind word to someone. You may never have a second chance to share your thoughts, appreciation or Love.

Safe travels and Happy Holidays to you and yours!

From the PCEA Board of Directors.
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126 American Way, Fletcher, NC 28732
828-376-3727
331-2 Metro Circle, Wilmington, NC 28401
910-762-4002

Space For Rent

Customers will not call
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Advertise your business card on this page for $100 per year. Contact Thomas VonCannon for information.
(919) 901-8090 TAVonCannon@VSCFS.com